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PHYSICAL ACTIVITY QUANTIFICATION IN ELDER WOMEN.

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Introduction In view of the society's life expectancy increasing, mostly common in women, and the benefits provided by regular physical activity in elder people (Aoyagi & Shephard, 2009), new physical activity initiatives and programs are being taken into consideration. The aim of the study was to make quantification of the physical activity made by elder women and to measure the impact of a structured physical activity program over that physical activity. **Method** A quasi-experimental ex-post-facto design was used in this study, with a sample of 76 women aged 56-84 years (72.01 5.28) from Alcobendas. Taking part, or not, in a structured physical activity program was included as independent variable as well as the age (plus-70 group, under-70 group) and the body-mass index (BMI). Physical activity levels were measured by means of triaxial accelerometers during a whole week. **Results** Women on structured physical activity program showed higher physical activity levels than sedentary women on weekdays (271608 116937 vs. 191816 83865 counts; $P < 0.05$). The number of moderate-intensity physical activity minutes of plus-70 group was significantly higher than under-70's in both weekdays (40,30 27,00 vs. 28,1 22,20 min/day; $P < 0.05$) and weekends (34 26,40 vs. 21,9 21,60 min/day; $P < 0.05$). No significant differences were found ($P > 0.05$) regarding the body-mass index. **Discussion** Women enrolled on structured physical activity programs were physically more active than sedentary counterparts. Besides, elder women were more active in the weekdays than in weekends, as previously noted by other authors (Togo et al., 2008). The amount of moderate-intensity physical activity was lower on elder women by increasing age. **References** Aoyagi, Y., & Shephard, R. J. (2009). Steps per day: the road to senior health? *Sports Medicine*, 39(6), 423-438. Togo, F., Watanabe, E., Park, H., Yasunaga, A., Park, S., Shephard, R. J., & Aoyagi, Y. (2008). How many days of pedometer use predict the annual activity of the elderly reliably? *Medicine and science in sports and exercise*, 40(6), 1058.